



December



Savor the Flavor Menu



MIDDLE SCHOOL MENU CHOICES

BREAKFAST: Entrée,
Fruit, Juice, Milk

LUNCH: Entrée,
Veggie (Pick 2), Fruit, Milk

* Indicates Pork Product

+ Possible trace of sesame due to manufacturer

Choice of milk with breakfast & lunch
• 1% White
• Lactose-Free
• Fat-Free Chocolate
• Soy Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 National Root Vegetable Month! Sausage & Cheese Flatbread OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Bacon* Cheeseburger+ or Black Bean Burger+ Italian Salad* WOW Sandwich Combo+ Tater Tots Burger Trimmings Variety of Veggies Orange Smiles OR Raspberry Passionfruit Slush	2 Potato & Egg Taco OR Mango Smoothie OR Pick 2: Cereal, Yogurt or NutriGrain Bar Fruit, Juice & Milk Chicken & Waffles Crispy Chicken Salad Chili Lime Hummus Bento Box Spicy Hashbrowns Baked Beans Crispy Carrots & Red Bell Peppers Granny Smith Apple OR Strawberries w/Cream	3 Biscuit & Sausage* OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk Beef & Cheese Nachos or Cheese Nachos WOW Sandwich Combo+ Spicy Hot Chicken Wrap Ranchero Beans Cucumber Slices w/Tajin Red Bell Peppers & Grape Tomatoes Fresh Banana OR Natural Applesauce	4 Homemade Cinnamon Roll OR Pick 2: Cereal, Yogurt or Banana Muffin Fruit, Juice & Milk Spaghetti w/Meat or Marinara Sauce & Cheesy Bread Spicy Tender Salad Yogurt Combo Italian Green Beans Broccoli Salad* Crispy Carrots w/Dip Seedless Grapes OR Sliced Peaches	5 National Comfort Food Day! Waffle Breakfast Sandwich* OR Blueberry Banana Smoothie OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Chicken Tenders w/Homemade Roll Italian Salad* Nacho Box Mashed Potatoes w/Gravy Tossed Salad w/Ranch Celery Sticks & Crispy Carrots Orange Smiles OR Sliced Pears
8 National Exotic Fruit Month! Ham & Cheese Croissant* OR Pick 2: Cereal, Yogurt or NutriGrain Bar Fruit, Juice & Milk Grilled Cheese Sandwich Italian Salad* WOW Sandwich Combo+ Wedge Fries Tomato Soup Crispy Carrots w/Dip Fresh Kiwi OR Strawberry Applesauce	9 National Pear Month! Bean & Cheese Taco OR Orange Cream Smoothie OR Pick 2: Cereal, Yogurt or Cinnamon Waffle Fruit, Juice & Milk Meatza Pizza* or Cheese Pizza Crispy Chicken Salad Chili Lime Hummus Bento Box Buttered Corn Broccoli Salad* Celery Sticks & Grape Tomatoes Fresh Pear OR Sliced Peaches	10 Chicken & Waffles OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Cheese Enchiladas w/Chili & Spanish Rice WOW Sandwich Combo+ Spicy Hot Chicken Wrap Ranchero Beans Zesty Tomatoes & Cucumbers Red Bell Peppers & Crispy Carrots Orange Smiles OR Strawberry Craisins	11 Confetti Pancakes OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Sweet Asian Chicken w/Fried Rice Spicy Tender Salad Yogurt Combo Savory Green Peas Raw Vegetable Medley w/Dip Cucumber & Jicama Sticks w/Tajin Seedless Grapes OR Blueberries w/Cream	12 Blueberry Muffin & Sausage* OR Strawberry Banana Smoothie OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk Stuffed Baked Potato w/Breadstick Italian salad* Nacho Box Savory Green Beans Tossed Salad w/Ranch Crispy Carrots & Grape Tomatoes Sliced Apples OR Fruit Cocktail
15 Potato & Egg Taco OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Meatball Sub+ Italian Salad* WOW Sandwich Combo+ Tater Tots Tossed Salad w/Ranch Crispy Carrots w/ Dip Orange Smiles OR Fiesta Raisins	16 Winter Feast! Sausage & Cheese Flatbread OR Mango Smoothie OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk Roasted Turkey w/Roll & Combread Dressing Crispy Chicken Salad Chili Lime Hummus Bento Box Mashed Potatoes w/Gravy NEW! Savory Green Beans Pumpkin Square Strawberries w/Cream OR Variety of Fruit	17 Sunrise Egg, Sausage & Potato Bowl* OR Pick 2: Cereal, Yogurt or NutriGrain Bar Fruit, Juice & Milk Crispy Beef Tacos w/Spanish Rice WOW Sandwich Combo+ Spicy Hot Chicken Wrap Ranchero Beans Taco Trimmings Variety of Veggies Variety of Fruit	18 Dutch Waffle OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Chicken Nuggets w/Homemade Roll Spicy Tender Salad Yogurt Combo Sweet Potato Fries Variety of Veggies Variety of Fruit	19 Donut Holes & Sausage* OR Blueberry Banana Smoothie OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Pepperoni Stuffed Crust Pizza* Cheese Stuffed Crust Pizza Corn Dog Buttered Corn Variety of Veggies Variety of Fruit
22	23	24	25	26

WINTER BREAK

29

30

31



**School Nutrition
Services is hiring
\$14.11 hour starting**



Visit: schoolcafe.com/
NorthEastSD or download the
School Café App to access
meal account information,
make payments & apply for
free or reduced-price meals.

Menu subject to change
No fees for cash or checks paid directly to the cafeteria

This institution is an equal opportunity provider. Esta institución da servicio a todos por igual.